

TENNIS

INSTRUCTIONAL SCHEDULE

SPRING & SUMMER

Interested in signing up for an Adult Program? Please Email Steve @ plyo@mac.com

Please wear tennis whites and bring your own water bottle for all classes

Ladies College Doubles Drills

Each week we offer themed lessons designed to help you hit stronger, play bigger, and have fun doing so. Friday mornings 9-10:30.

Ladies Singles Drills

Learn singles-specific skills and strategic singles patterns. Fun group drills (1st hr) then hone your new skills in match play (last 1/2 hr). Thursdays 11-12:30.

Working Person clinics

Rigorous hour-long sessions designed for the working people who want to drill first and play afterwards. Mondays 7 a.m. Wednesdays 6 p.m.

Tennis Aerobics

Heart-pounding, fast-paced cardio tennis drills designed to beat the monotony gym machines offer. 50 minutes of movement, sweat and excitement. Come and get it. Friday and Sunday mornings 8:10-9 a.m.

Women's Summer Paddle

We are really excited about this new program. Two objectives of this clinic: learn and incorporate new advanced skills, replace the dysfunctional strokes of your game with proper technique. We will also learn some crazy advanced concepts to make playing the game so much more fun. Wed nights 7-830.

Spring Kids Clinics

Parents are encouraged to organize your own group of four or more. Available after school hours from 3 to 7. I also can place individuals in other clinics of similar age and ability upon request. Clinics run weekly from April until June and are \$20 per person per hour for members \$25 pp. non member. We host an end-of-the-season playoff for each clinic that runs through the springtime.

Summer Camps (run weekly monday through friday)

Join the camp in its 10th anniversary season held at the Morristown Field Club. Join us in our game based approach to dominating the sport. We cultivate overall athletic skills and emphasize learning the game through spirited competition. Kids aged 4-7 are welcome to join us daily for munchkin tennis held during the first hour of camp from 9-10. We have half day camps that run from 9-12 and full day camps with match play and skill building in the afternoon from 9-230. This year our tennis camp is challenging SBCC, MCCC and SHCC to a "Battle of the Camps", so we will be fielding a team and taking home the cup. Camps run Monday through Friday every week throughout the summer.

Summer Paddle and Tennis Camp

Join us in the first split tennis paddle camp offered by Steve at the MFC. As with all of our camps, kids learn the game in competition. Two rackets, two sports...twice the fun. Camp is offered on 7/6, 7/13, 8/3.

Sign up sheet for Kids Clinics:

Name: _____

Age: _____ Phone# _____

Email: _____

Please Circle both the **Camp** and the **Week** :

Please make checks payable to: **STEVE DEROSE**

Ages 4-6(9-10)	Munchkin	\$150	June 1 8 15 22 29
Ages 7-17(9-12)	Half day	\$395	July 6 13 20 27
Ages 8-17(9-2:30)	Full day	\$445	August 3 10 17 24
Ages 8-17(9-2:30)	T&Paddle	\$445	

Steve DeRose
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